

Grocery List

Produce

- 4 Onions
- 1 box organic mixed greens (or lettuce)
- 2 Tomatoes
- 2 Cucumbers
- 1 Avocado
- 2 Lemons
- 5 Limes
- 1 garlic bulb
- 1 red bell pepper
- 1-3in ginger root
- 1 bunch green onions
- 1 lb of broccoli (fresh or frozen)
- 1 lb asparagus
- 1 bag of potatoes (or 1 large potato per person)
- 1 bag frozen peas

Meat

- 1 store made rotisserie chicken or whole chicken (3-4 lbs)
- 4 salmon filets (or 1 per person)
- 1-2lbs of ground beef (or turkey)
- 2lbs of chicken (boneless skinless breast or thighs)
- 2-3lb chuck or shoulder roast

Dairy

- Cheddar or Monterrey Jack cheese
- Sour cream

Other Items

- Ketchup (or French dressing)
- Balsamic vinegar (omit if buying French dressing)
- 1 jar apricot preserves (Polaner All Fruit)
- 1 can of full fat coconut milk
- 1 2lb bag of rice of your choice
- 1 box of Taco shells or soft tortillas

Meal Plan

Day 1 – Store bought Rotisserie Chicken or Slow Cooker homemade version with Salad

Day 2 – Beef Tacos with Fixings and Marinated Cucumbers

Day 3 – Slow Cooker Apricot Chicken with Rice and Steamed Broccoli

Day 4- Ginger Lime Super Salmon with Coconut Rice and Asparagus

Day 5 – Super Simple Slow Cooker Fall Apart Roast Beef with Mashed Potatoes and Peas